

# KOOK MAGAZINE



ਸ੍ਰੀ ਸਤਿਗੁਰੂ ਪਰਤਾਪ ਨਿਘਿ ਜੀ ਮਹਾਰਾਜ

ਮੁਦਰਾ

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NAMDHARI SANGAT MIDLANDS  
COMMUNITY CENTRE  
1199 COVENTRY ROAD  
HAY MILLS, BIRMINGHAM  
SEPTEMBER/OCTOBER 1999

Dear Reader,

With Sri Satguru Jagjit Singh ji's kind blessings, I take this opportunity to thank all contributors of Sept. / Oct. 1999 'KOOK' issue. Especially to S. Kuldip Singh Ubhi the President of Namdhari Youth Group Birmingham, whose persuanance and effort made this issue of 'KOOK' a bumper issue.

Past two months has been very hectic, with Varnian, Havans, celebrating Gurburabs and preparing and participating in Jap Parjog programmes. Hope you enjoy reading it as I have enjoyed preparing it.

If you wish to submit an article or make any kind of contribution, please feel free to do so in writing to the Editorial team of 'KOOK'. Namdhari Sangat Birmingham, 1199, Coventry Road, Hay Mills, Birmingham. B25 8DF. We look forward to your valuable contributions in the future.

Regards

Surinderpal Singh Narotra

P. S. Front Cover page sketch of a photograph of Sri Satguru Partap Singh ji by young artist S. Kulwant Singh Panesar. S/o. Of Suba Amaruishwar S. Panesar. The opinions expressed do not necessarily reflect of the Editors or the Management of the Namdhari Sangat Birmingham. ( U. K ).

ਸਤਿਗੁਰੂ ਜੀ ਦੀ ਫ਼ਿਯਾ

ਸਮੇਂ ਦੀ ਸਮਥਾ ਫ਼ਿਯਾਈਆਂ ਦਾ ਥਾ ਉਹ ਧਾ ਜਾਵੇ  
ਕੁਲ ਸ਼ਿਸ਼ਟੀ ਨਜ਼ਰੀ ਆਉਣ ਲੱਗੇ। ਸਮੇਂ ਦਾ ਭੇਦ ਨਾ ਨਿਯਮ

ਉਹ ਆਤਮਾ ਜਾਨੇ ਜਾਨ ਸੰਗੀ, ਦਰਸ਼ਨ ਤੇਰਿਆਂ ਦੀ  
ਸੇਵਿਕਾ ਤੇ ਜਾਵੇ

ਹੇ ਉਲਝਣ, ਨਾ ਭਟਕਣ ਵੇਲੇ ਸਰਨ। ਕਿੰਨੇ ਤੇ ਜਿਉਣ  
ਦੀ ਜਾਚ ਆਵੇ।

ਸਤਿਗੁਰੂ ਜੀ ਫ਼ਿਯਾ ਤੁਹਾਡੀ ਜਿਜ ਉਪਰ ਉਹ  
ਨਾ ਕੇ ਬੰਗੀ ਨਾ ਹੀ ਬੰਗਾਨਾ ਕਾ ਨਜ਼ਰ ਆਵੇ

ਪਾਉਂਦੇ 'ਪਾਉ' ਉਸ ਸੰਜਿਲ ਉਪਰ ਆਤਮਾ ਸੇਰ  
ਜੇ ਸੇਰ ਵਿਚੋਂ "ਸੇ" ਨੂੰ ਸਿੱਟਾ ਦੇਵੇ

ਸੁਣਾ ਸਮੇਂ-ਸਮੇਂ ਸਿੱਧ ਧਰੇ



**Ekonkar Sri Satguru Ram Singh Ji Sahai**  
**“Satguru Ji da Piyar”**

Sadhsangat ji, we experience many different emotions and feelings throughout our lives. Love (*Piyar*) is one of those which makes one feel happy from inside the heart. When we are born and are small, it is our parents who love us and play with us. As we grow older and begin to mature, it is our friends where we seek our love and care. Then we get married and seek love from our husband/wife. After a while we have children and begin to love them and so the cycle continues. However, all these stages of love are like a mirage. They feel real for a while, but they do not last forever.

There is only one true love which only Sri Satguru Ji can give us. This love is different to any other. Satguru Ji loves us not only if we are good, but also if we aren't. If for some reason, we do not love satguru ji, they still love us, always and forever. There isn't a time when they do not think about us. We can't imagine the amount of love they give us. Satguru Ji loves us not only as their child but as our friend too. They love us in many different ways. When they smile at you, it is impossible not to smile back. It is only their love, which stays with us forever. In time, everyone will forget us except Satguru Ji. That is why the 'Piyar' we get from Satguru Ji is "true" love.

Now I'm going to try to tell you about the experiences that I've had with Sri Satguru Jagjit Singh Ji, and how I've had the chance to experience Satguru Ji's piyar.

About five years ago, I went to India with my family. We went there for a normal holiday but that wasn't how it turned out to be. We went to do Satguru Ji's darshan at Sri Bhani Sahib. It was about 6.30 p.m. (shiyam). Satguru Ji was conducting a sangeet class inside their kothi (bungalow). We decided to go and do their darshan whilst the sangeet class was being conducted. We sat down and listened to the sangeet. My father loved sangeet, but sadly we didn't. Infact we hated it totally. We would do anything to run away from sangeet or kirtan. Our parents tried their best to try to make us learn sangeet from teachers, but we wouldn't let them teach. In return, the teachers would get fed up and leave.

However, that day something very strange happened and we sat down and listened to some classical sangeet being performed in the



presence of Sri Satguru Ji. Suddenly, Satguru Ji asked my father that: “Do your sons play anything”? My father replied: “They don’t really Know anything”. Satguru Ji replied: “You come from so far and spend so much money and valuable time here, yet you still go back empty handed. Why don’t you leave your children with me and let us teach them sangeet”? My father was so happy that Satguru Ji asked them this. He told us to speak to Satguru Ji and ask them if they could arrange for us to learn sangeet and also ask for their ‘kushia’. So my brother and I went to ask Satguru Ji. Satguru Ji smiled and at us and listened to us very carefully. We asked Satguru Ji to do ‘Kirpa’ on us. They replied with a gleaming smile on their face: “OK”, and stroked my face with their hand. My brother then asked for Satguru Ji’s ‘kushia’, Satguru Ji replied: *“Kush taa tusi odha hi kari jandhay ho”* (you are already making me happy), and tapped my brother on his face with their hands.

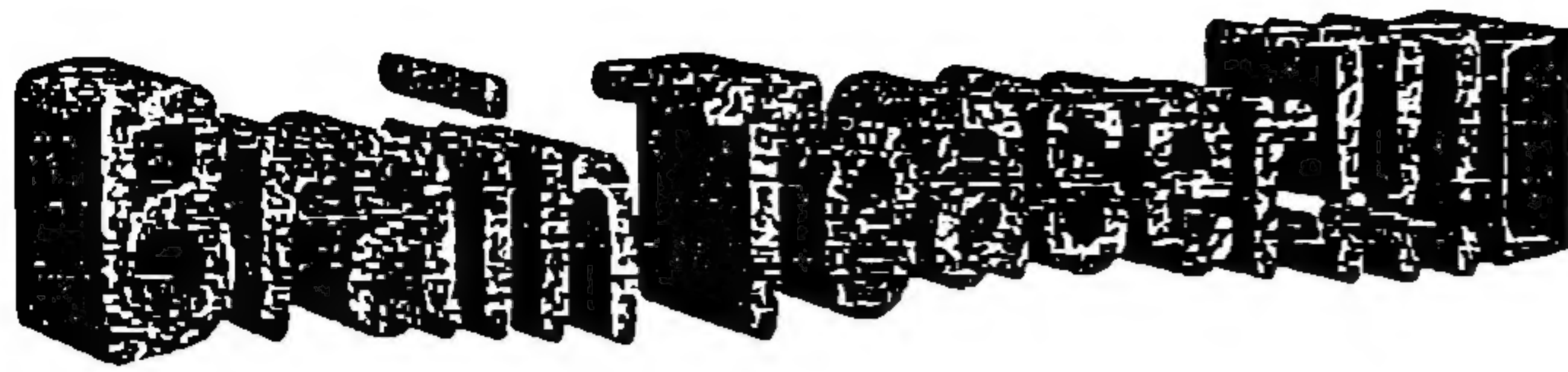
It was the best moment of my life. They listened to us as though if we were their own children and as if we knew them from a long time ago. From that moment on, we wanted to play and learn sangeet so much and even more, we wanted to do Satguru Ji’s darshan.

Since then, I have been going to India every year, and sometimes even twice a year, to learn sangeet and to do Satguru Ji’s darshan. On three occasions, Satguru Ji, themselves have called me to India and have tried to arrange for me to learn classical sangeet of professional artists such as Ustad Bismillah Khan Sahib. They’ve even took me around parts of India with themselves and other hajoori sevak and ragi.

I can never forget what Satguru Ji has done for me, and can never forget how happy I felt when I was with them. They are always in my mind and are always with me in my heart. It is only their piyar which makes me feel happy from inside, and I know that it will last forever. Satguru Ji loved us before, they love us now and they will always love us for the time to come.

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B	K	H	F	D	S	K	I	N	I	H	C	D	W	H	B	O	T	U	V
A	A	R	R	F	P	Q	X	A	A	J	V	A	B	G	O	W	N	D	E
S	I	S	T	A	C	I	N	H	K	A	L	U	S	F	J	A	O	G	G
K	H	H	A	O	I	T	W	G	J	U	M	S	D	E	T	Q	U	L	E
U	J	A	H	N	H	S	W	C	R	H	L	S	O	R	C	V	G	J	T
L	V	B	O	I	T	A	I	Z	D	B	J	I	I	I	E	B	O	M	A
S	K	A	G	E	F	P	H	N	G	C	I	K	P	M	O	L	D	N	R
S	S	D	V	M	U	L	A	G	G	O	F	H	Q	D	R	E	K	L	I
T	I	D	B	N	L	E	O	N	L	H	H	A	A	R	Y	A	Z	K	A
E	E	K	J	K	I	E	O	C	C	P	T	G	J	S	H	K	N	N	N
E	A	X	H	S	O	C	I	A	A	H	N	A	Q	B	I	B	J	A	A
W	D	B	N	W	N	O	E	R	Q	F	M	P	T	U	H	J	J	H	G
S	S	D	F	M	R	T	Y	D	D	V	H	I	H	D	T	Y	P	C	O
D	G	T	A	W	E	B	H	A	I	N	I	S	A	H	I	B	O	A	Q
J	N	K	X	B	N	R	M	S	O	I	U	J	H	A	G	S	S	B	J
B	U	G	H	U	E	W	F	T	P	Q	S	B	Y	R	E	T	Y	H	J
H	S	E	T	Y	E	T	A	I	D	N	I	O	M	A	L	A	P	O	D
F	D	V	A	S	T	U	U	I	H	D	K	E	J	M	F	J	U	T	F
W	O	R	H	T	U	X	A	R	E	H	S	A	K	F	H	R	P	H	I
N	P	L	C	B	A	P	O	U	T	F	S	F	R	U	G	U	R	U	T

Ardas

Bachan

Basant Panchmi

Bhaini Sahib

Chini

Dharam

God

Guru

Hukam

India

Japji Sahib

Kashera

Kirtan

Lion

Mala

Maya

Naam Simran

Night

Prayer

Rai Singh

Shabad

Sikh

Sulakhni

Sweets

Utsav

Vegetarian

Which two words cannot be found in the wordsearch????????

\_\_\_\_\_

\_\_\_\_\_



# !!ALCOHOL!!

Alcohol is one of the more popular social drinks and regular intake has become both part of culture and daily life. Alcohol problems in women are on the increase: more than 520,000 women in the UK now drink more than 35 units a week, and half of those drink up to 8 units daily (about 1 bottle of wine)

## Why is it bad?

People who regularly drink a bottle of wine, or its equivalent, in the course of a day will be open to liver damage, nutritional deficiency (alcohol robs the body of B vitamins in particular), brain shrinkage and a host of other conditions including digestive problems and impaired memory. Fertility is also affected by drinking, because alcohol affects the hormones. Women drinking three or more drinks a day have an increased risk of breast cancer.

## What are the effects?

- ❖ The effects of alcohol on the human body depend on the amount of alcohol in the blood. This varies according to the rate at which you drink, the rate at which your system absorbs and metabolises alcohol, and your body weight.
- ❖ Studies indicate that women's stomachs contain relatively smaller amounts of an enzyme that breaks down alcohol than men, so relatively more alcohol enters the bloodstream of women when drinking.
- ❖ One or two drinks can cause a feeling of relaxation and a mild sensation of euphoria. Shy people may feel confident, and many people find it easier to socialise.
- ❖ However, up to four drinks, experiences such as hampered speech, reduced co-ordination, slow reaction time, decreased inhibitions, and impaired judgement will occur. Five or more drinks generally causes noticeably co-ordination and speech difficulties, inappropriate emotional reactions, drowsiness and abusive or aggressive behaviour.

# Mango Ice Cream



## Ingredients

1 1/2 Cups/440ml	Double Cream
1 Cup/310ml	Cold Milk
1 Cup/310ml	Sweetened Condensed Milk
1 1/2 Cups/440ml	Mango Pulp

## Method



Pour the double cream into a bowl.  
Beat until it is half whipped.  
Pour the cold milk and condensed milk into another bowl and whisk.  
Pour both mixtures into one bowl and whisk again.  
Fold in the mango pulp  
Spread the mixture into a container and freeze for at least 45 minutes.

Scoop into dessert bowls and serve with chopped nuts or almonds sprinkled on the top.





# HE IS THE GREAT GURU

His Holiness Sri Satguru Jagjit Singh Ji has now  
reached the age of 78

His Holiness Sri Satguru Jagjit Singh Ji is very  
great

Whose immense greatness we all appreciate

We should welcome him, with love however

He makes human minds gentle and pure

For this, I am absolutely sure

He personifies the image of God

He shows us the right way

Which keeps all our enemies away

He has an inspiring fragrance

Which is the sign of his appearance

He is our father

Who blesses us all together

He is the great guru

Whom we all call Satguru

Gurmukh Singh Surdhar



## ਮੌਕੇ ਦਾ ਮਾਲਕ

ਇੱਕ ਸਮੇਂ ਦੀ ਗਲ ਹੈ ਕੇ, ਸ਼ੈਰ ਏਲਨਾਬਾਦੁ, ਵਿਚ ਇੱਕ ਸਿਖ ਰਹਿੰਦਾ ਸੀ । ਉਸ ਦਾ ਨਾਮ ਬਲਵੰਤ ਸਿੰਘ ਸੀ । ਉਹਨਾ ਹਰਿ ਰੋਜ਼, ਸਵਾ ਪੈਰ ਦੀ ਰਾਤ ਨੂੰ ਉਠਿ ਕੇ, ਸਣੇ ਕੇਸੀ ਇਸ਼ਨਾਨ ਕਰ ਕੇ, ਘਿਉ ਦੀ ਜੋਤਿ ਜਗਾ ਕੇ, ਆਸਨ ਸਤਿਗੁਰੂ ਜੀ ਦਾ ਵਿਸ਼ਾ ਕੇ, ਨਾਲ ਗੜਵਾ ਜੱਲ ਦਾ ਰੱਖ ਕੇ , ਅਤੇ ਉ ਸਿਮਰਨ ਤੇ ਬਹਿ ਜਾਂਦੇ ਸਨ।

ਉਨਾ ਨੇ ਇਹ ਗੱਲ ਮਨ ਦੇ ਵਿਚ ਧਾਰੀ ਸੀ :-

- ੧) ਅਕਾਲ ਪੁਰਖ, ਤੂੰ ਹੈ ਕਉਨ ?
- ੨) ਅਤੇ ਤੂੰ ਰਹਿੰਦਾ ਕਿਥੇ ਹੈ ?

ਸੰਤ ਬਲਵੰਤ ਸਿੰਘ ਜੀ ਲਗ ਭਗ ੨ ਸਾਲ ਇਸ ਤਰਾ, ਬੈਠਦੇ ਰਹੇ। ਇੱਕ ਦਿਨ ਉਨਾ ਦੇ ਮਨ ਦੇ ਵਿਚ ਗਲ ਆਈ, ਕਿ ਮੈਂ ਹਰ ਰੋਜ਼ ਬੈਠਦਾ ਹਾਂ, ਮੈਨੂੰ ਕੋਈ ਪ੍ਰਾਪਤੀ ਨਹੀਂ ਹੋਈ, ਅਤੇ ਨਾਹੀ ਸਤਿਗੁਰਾਂ ਦੇ ਦਰਸ਼ਨ, ਕੀ ਗਲ ਹੈ ?

ਸੰਤਾ ਦਾ ਮਨ ਬਹੁਤ ਉਦਾਸ ਹੋਇਆ । ਸੰਤਾ ਦੇ ਮਨ ਵਿਚ ਗੱਲ ਆਈ, ਕੇ ਬਸ ਮੈਂ ਆਹੀ ਰਾਤ ਬੈਠਣਾ ਹੈ । ਜੇ ਮੈਨੂੰ ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਦਰਸ਼ਨ ਨਾ ਹੋਏ ਤਾਂ, ਮੈਂ ਭਜਨ ਕਰਣਾ ਛੱਡ ਦੇਣਾ ਹੈ।

ਸੰਤ ਜੀ ਜਦੋਂ ਦੂਜੇ ਦਿਨ , ਸਵਾ ਪਹਿਰ ਦੀ ਰਾਤ ਨੂੰ ਉਠਿ ਕੇ, ਸਣੇ ਕੇਸੀ ਇਸ਼ਨਾਨ ਕਰ ਕੇ, ਘਿਉ ਦੀ ਜੋਤਿ ਜਗਾ ਕੇ, ਆਸਨ ਸਤਿਗੁਰੂ ਜੀ ਦਾ ਵਿਸ਼ਾ ਕੇ, ਅਤੇ ਨਾਲ ਗੜਵਾ ਜੱਲ ਦਾ ਰੱਖ ਕੇ, ਉਹ ਸਿਮਰਨ ਤੇ ਬੈਠ ਗਏ ਸਨ। ਉਸ ਰਾਤ ਸੰਤਾ ਨੂੰ ਦਰਸ਼ਨ ਨਹੀਂ ਹੋਏ ।। ਸੰਤਾ ਦਾ ਮਨ ਬਹੁਤ ਉਦਾਸ ਹੋਇਆ ਅਤੇ ਉਨਾ ਨੇ ਸੋਚਿਆ, ਬਸ ਮੈਂ ਅੱਜ ਤੋਂ ਲੈਕੇ ਭਜਨ ਨਹੀਂ ਕਰਨਾ ।

ਦੂਸਰੇ ਦਿਨ ਸੰਤ ਬਲਵੰਤ ਸਿੰਘ ਜੀ ਜਦੋਂ ਰਾਤ ਦਾ ਟਾਇਮ ਆਇਆ ਸੋਣ ਦਾ, ਤਾਂ ਉਨ੍ਹਾਂ ਨੇ ਮਨ ਦੇ ਵਿਚ ਧਾਰਿਆ, ਮੈਂ ਅੱਜ ਨਹੀਂ ਉਠਨਾ।। ਸਾਧ ਸੰਗਤਿ ਜੀ ਜਦੋਂ ਸੰਤ ਜੀ ਬਰਾਜ ਗਏ । ਸੰਤਾਂ ਨੂੰ ਆਪੇ ਹੀ ਜਾਗ ਆਈ, ਫੇਰ ਸੰਤ ਜੀ ਨੂੰ ਨੀਂਦ ਨਹੀਂ ਆਈ ਮੁੜਕੇ, ਸੰਤ ਜੀ ਕਹਿਨ ਲਗੇ, ਚੱਲੋ ਇੱਕ ਰਾਤ ਹੋਰ ਬੈਠ ਜਾਂਦਾ ਹਾਂ । ਸੰਤ ਜੀ ਨੇ ਸਣੇ ਕੇਸੀ ਇਸ਼ਨਾਨ ਕਰ ਕੇ, ਘਿਉ ਦੀ ਜੋਤਿ ਜਗਾ ਕੇ, ਆਸਨ ਸਤਿਗੁਰੂ ਜੀ ਦਾ ਵਿਸ਼ਾ ਕੇ, ਨਾਲ ਗੜਵਾ ਜੱਲ ਦਾ ਰੱਖ ਕੇ, ਉਹੁ ਸਿਮਰਨ ਤੇ ਬੈਠ ਗਏ।।

ਸਿਮਰਨ ਕਰਦਿਆਂ ਨੂੰ ੧੦ ਮਿੰਟ ਹੋਏ ਸਨ ਤਾਂ ਅਵਾਜ਼ ਆਈ, “ ਬਲਵੰਤ ਸਿੰਘਾ ”, ਸੰਤ ਜੀ ਨੇ ਜਦੋਂ, ਨੇੜ ਖੋਲ ਕੇ ਦੇਖਿਆ, ਤੇ ਬਿੱਲ ਕੁਲ ਨੇਰਾ ਸੀ, ਤੇ ਫਿਰ ਮੁੜਕੇ ਸਮਾਧੀ ਲਾਈ।। ੧੦ ਮਿੰਟ ਗੁਜਰੇ ਤੇ ਫਿਰ ਦੁਆਰਾ ਅਵਾਜ਼ ਆਈ

“ ਬਲਵੰਤ ਸਿੰਘਾ ”, ਸੰਤ ਜੀ ਨੇ ਜਦੋਂ ਨੇੜ ਖੋਲੇ, ਤੇ ਫਿਰ ਵੀ ਕੁਝ ਨਹੀਂ ਦਿਸਿਆ ।

ਅਜੇ ਦੁਬਾਰਾ ਬਿਰਤੀ ਲਗੀ ਹੀ ਸੀ ਤਾਂ ਫਿਰ ਅਵਾਜ਼ ਆਈ “ਬਲਵੰਤ ਸਿੰਘ ਜੀ”, , ਜਦੋਂ ਸੰਤਾਂ ਨੇ ਸਿਰ ਚੁੱਕ ਕੇ ਦੇਖਿਆ ਤਾਂ ਪ੍ਰਤੱਖ ਦਰਸ਼ਨ, ਸੀ ਸਤਿਗੁਰੂ ਜਗਜੀਤ ਸਿੰਘ ਜੀ ਦੇ ਹੋਏ।।। ਸੰਤ ਬਲਵੰਤ ਸਿੰਘ ਜੀ ਨੇ ਉਠ ਕੇ, ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਚਰਨਾਂ ਤੇ ਮੱਥਾ ਟੇਕਿਆ।।

ਸਤਿਗੁਰੂ ਜੀ ਨੇ ਬਚਨ ਕੀਤਾ, ਬਲਵੰਤ ਸਿੰਘ, ਉਥੇ ਲੰਮਾ ਪੈ ਜਾ।। ਉਸੇ ਤਰਾ ਸੰਤ ਜੀ ਲੰਮੇ ਪੈ ਗਏ । ਸਤਿਗੁਰੂ ਜੀ ਨੇ ਬਚਨ ਕੀਤਾ, ਤੂੰ ਪੁਛਿਆ ਸੀ ਕਿ ਮੈਂ ਹੈ ਕੌਣ ਅਤੇ ਮੈਂ ਕਿਥੇ ਰਹਿਦਾ ਹਾਂ । ਸਤਿਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਬਲਵੰਤ ਸਿੰਘ ਤੂੰ ਮੇਰੇ ਚਰਨ ਫੜ ਲੈ. ਆਪਾਂ ਚੱਲੀਐ।।

ਸੰਤ ਜੀ ਨੇ ਦੱਸਿਆ ਕਿ ਮੇਰੇ ਸਰੀਰ ਦੇ ਵਿਚੋਂ ਜੀਵ ਆਤਮਾ ਨਿਕਲ ਕੇ ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਚਰਨ ਫੜਕੇ, ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਨਾਲ ਉਡਨ ਲੱਗਿਆ ਤਾਂ ਸਤਿਗੁਰੂ ਜੀ ਨੇ ਪਲਾਂ ਵਿੱਚ ਹੀ ਸਭ ਸ੍ਰਿਸ਼ਟੀ ਦਿਖਾ ਦਿਤੀ । ਫੇਰ ਸਤਿਗੁਰੂ ਜੀ ਸੰਤਾਂ ਨੂੰ ਉਥੇ ਲੈ ਗਏ ਜਿਥੇ ਨਿਰਮਲ ਜਲ ਦਾ ਚਸ਼ਮਾ ਵਗਦਾ ਸੀ ।



ਫਿਰ ਥੋੜਾ ਹੋਰ ਅੱਗੇ ਗਏ ਤਾਂ ਬਾਰ੍ਹਾ ਪਾਤਸ਼ਾਹੀਆਂ ਦੇ ਦਰਸ਼ਨ ਕਰਵਾਇ ,  
ਫਿਰ ਹੋਰ ਅੱਗੇ ਚਲ ਕੇ ਇੱਕ ਹੋਰ ਪਾਲਕੀ ਸੀ, ਜਿਸ ਦੇ ਆਲੇ ਦੁਆਲੇ,  
ਕਮਲ ਫੁਲ ਦੀ ਬਰਖਾ ਹੋ ਰਹੀ ਸੀ॥

ਸਤਿਗੁਰੂ ਜੀ ਮੈਨੂੰ ਥੱਲੇ ਤਾਰ ਕੇ, ਅਤੇ ਉਸ ਪਾਲਕੀ ਤੇ ਬਰਾਜਮਾਨ ਹੋ  
ਗਏ॥

ਫਿਰ ਉਥੋਂ ਵਾਜ, ਆਈ ਬਲਵੰਤ ਸਿੰਘ, ਤੂੰ ਪੁਛਿਆ ਸੀ ਮੈਂ ਹੈ ਕੌਨ ਹਾਂ,  
ਅਤੇ ਮੈਂ ਰਹਿਦਾ ਕਿਥੇ ਹਾਂ, ਸਤਿਗੁਰੂ ਜੀ ਕਹਿਦੇ , ਬਲਵੰਤ ਸਿੰਘਾ ਮੈਂ  
ਰਹਿਦਾ ਏਥੇ ਹਾਂ, ਅਤੇ ਮੈਂ ਹੇਗਾ ਅਕਾਲ ਪੁਰਖ॥ ਸੰਤਾਂ ਨੇ ਉਥੋਂ, ਹੀ  
ਨਮਸਕਾਰ ਕੀਤੀ ਅਤੇ ਸਰੀਰ ਨੂੰ ਕੰਬਣੀ ਛਿੜ ਗਈ। ਸੰਤਾਂ ਨੂੰ ਕੋਈ ਗੱਲ  
ਨਾ ਆਵੇ। ਸਤਿਗੁਰੂ ਜੀ ਵਾਪਸ ਸੰਤਾਂ ਦੇ ਕੋਲ ਆ ਗਏ ॥ ਸਤਿਗੁਰੂ ਜੀ  
ਸੰਤਾਂ ਨੂੰ ਵਾਪਸ ਸੰਤਾਂ ਦੇ ਸਰੀਰ ਕੋਲ ਲੈ ਆਏ ਅਤੇ ਸੰਤਾਂ ਦੀ ਆਤਮਾ  
ਦੁਬਾਰਾ ਸਰੀਰ ਵਿੱਚ ਪ੍ਰਵੇਸ਼ ਹੋ ਗਈ॥ ਜਦੋਂ ਸੰਤਾਂ ਝੀ ਉਠ ਕੇ ਬੈਠੇ ਤਾਂ  
ਸਤਿਗੁਰੂ ਉਥੋਂ ਅਲੋਪ ਸਨ ।

ਉਸ ਸਮੇਂ ਤੋਂ ਬਾਦ ਸੰਤਾਂ ਦੀ ਬਿਰਤੀ ਐਸੀ ਹੋ ਗਈ ਕਿ ਜਦੋਂ ਦਿਲ ਕਰਦਾ  
ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਦਰਸ਼ਨ ਕਰਨ ਨੂੰ, ਤਾਂ ਉਡ ਕੇ ਸਤਿਗੁਰੂ ਜੀ ਦੇ ਕੋਲ ਪਹੁੰਚ  
ਜਾਂਦੇ ਸਨ । ਦਰਸ਼ਨ ਕਰਕੇ ਤ੍ਰਿਰਪਤੀ ਕਰ ਲੈਂਦੇ ਸਨ ।

ਦਾਸ ਕੋਲੋਂ ਸਾਖੀ ਲਿਖਦਿਆਂ ਕਈ ਭੁਲਾ ਹੋਣਗਈਆ, ਆਪ ਜੀ ਨੇ ਅਨਜਾਣ  
ਸਮਝ ਕੇ ਏਹੀ ਅਰਦਾਸ ਕਰਨੀ ਕੇ ਸਤਿਗੁਰੂ ਜੀ ਭੁਲਾਂ ਬਖਸ਼ ਦੇਨ ਅਤੇ  
ਹੋਰ ਬੋਲ ਬਖਸ਼ਣ ਕੇ ਮੈਂ ਸਾਧ ਸੰਗਤਿ ਦੀ ਸੇਵਾ ਕਰ ਸਕਾਂ

ਗੁਰਸ਼ਰਨ ਸਿੰਘ ਸੁਰਧਾਰ



## COFFEE OR TEA?

Coffee and tea contain caffeine, which is a drug. It stimulates the brain, and is also a diuretic, which means that it stimulates the flow of urine. Caffeine gives a burst of energy when you drink it, but shortly afterwards, you experience a slump, which is why so many people go back for another cup.

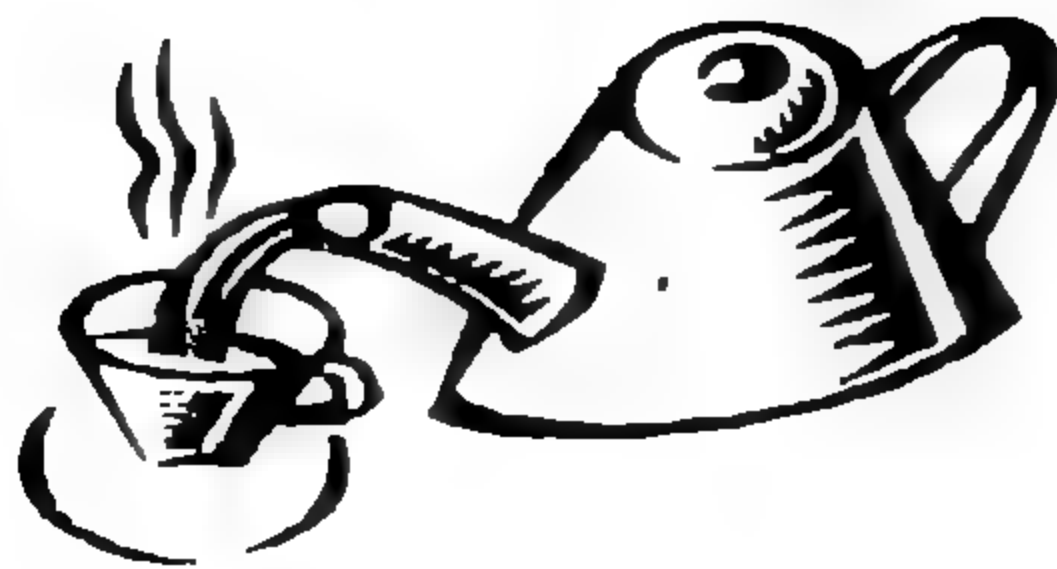


### Is Coffee good for you?

- Coffee is processed with an amazing array of chemicals and there are lots of pesticides and other chemicals used to grow it. Switch to organic coffee if you can afford it.
- Coffee also contains a great deal of caffeine – the stronger the coffee, the more caffeine it contains.
- If you drink more than eight cups of coffee a day, you can experience irregular heart beats, confusion, ringing in the ears, stomach upsets and even convulsions.
- Both tea and coffee reduce the absorption of iron and zinc. Try to avoid drinking coffee with meals or with any supplements you are taking.
- Decaffeinated coffee may be lower in caffeine, but it is not any better for you. Indeed, the process of decaffeinating actually increases the chemical content. Why not try one of the alternatives to coffee: dandelion root coffee is a good option, and has the added benefit of cleansing the liver.
- If you do drink coffee, make sure that you drink plenty of water to cleanse your system.







### What About Tea?

Tea is slightly different. Tea does have some healthy giving properties, and as long as you don't drink it too strong, it should have about 60% of the caffeine in coffee. It also contains 'tannins', which are believed to help prevent some forms of heart disease. Tea also contains flavonoids, which are 'antioxidants'.



### HERBAL TEAS AND TISANES

The healthy properties of herbal teas and tisanes are well known. They cleanse and strengthen the body, and have a wide range of therapeutic benefits. They do not normally contain any caffeine. Drink them sweetened with a little honey, or freshened with a slice of lemon.

Here are some of the best teas to try for various ailments:

- For calming the nerves, including sleep: chamomile, limeflower, passionflower, red clover.
- For infections or colds: rosehip, comfrey, aniseed, licorice, sage.
- Indigestion or tummy ache: peppermint, dill, fennel, lemongrass, aniseed, lemon balm.
- As a tonic: Nettle, mint, ginseng, rosemary, raspberry and strawberry leaf tea.
- Diuretics for weight loss and the kidney: celery seed, dandelion, couchgrass, agrimony.

You can also drink herbal teas for their flavour alone. Delicious blends are now available from most supermarkets and healthfood shops.



## The Indispensable Man

One day when you're feeling important  
One day when your egos in bloom  
One day that you take it for granted  
You're the most qualified man in the room.

One day when you feel that you're going  
Would leave an unfilled hole,  
Just follow these simple instructions  
And see how it humbles your soul.

Take a bucket and fill it with water,  
Put your hands in up to the wrists,  
Pull them out – and the hole that is left there  
Is a measure of how you'll be missed.

You may splash all you please as you enter  
You may stir up the water galore  
But stop – and you'll find in a minute  
That it looks just the same as before.

The moral of this is quite simple,  
Just do the best that you can,  
Be proud of yourself, but remember  
There's no INDISPENSABLE man.

ਹੇ ਗਰੀਬ ਨਿਵਾਜ, ਸਾਨੂੰ ਕਾਮ ਕ੍ਰੋਧ ਲੋਭ ਮੋਹ ਅਹੰਕਾਰ ਤੋ ਬਚਾਉਣਾ  
ਇਹ ਹੀ ਸਾਡੀ ਅਰਦਾਸ ਆਪ ਜੀ ਦੇ ਚਰਨਾਂ ਵਿਚ ਹੈ ਜੀ।

*By Kuldip Singh Ubhi*



## The Indispensable Man

Each day when we pray, we should all ask God for one special attribute, which will help us see the world in a different context. This attribute should help us to remember the question "Why are we here on Earth?" This should help us to realise that we are here on Earth for only a very short period of time and that you should make the most of life bearing in mind not to trample on others on our way. No matter what we have in our lives at present, or what we see in the world today, we shall leave our materialistic belongings and desires behind as we all shall depart from life empty handed.

To help you understand, I have found a poem which may help you to capture my thought.

***As we approach the 21st Century, we are almost bombarded with theories about 'Judgement Day' and the 'End of the World'. Do you believe the hype?***

Christians all over the world are anticipating what they believe as the '*Second Coming of Christ*'. They believe He will descend from heaven and save them from evil.

Muslims believe that there will be a '*Judgement Day*', where Allah will come and save them.

Both of these theories seem very similar. They may act like sworn enemies, but both faiths have a lot in common.

While doing some research recently, I discovered a faith that I felt had similar beliefs to Namdharis.

This faith is called *Vaishnavism*.

Vaishnavism is the belief in the Hindu god Vishnu. Vishnu is seen as the preserver god, who appeared in nine *avatars* or forms, including Bhagwan Rama

Chandra, Lord Krishna and Buddha.

It is believed that Vishnu appeared periodically to

encourage people to worship, and is expected to appear a tenth time.

We know that the World passes through cycles called '*yugas*'. These cycles are thought to be connected with Vishnu's life. There is even a formula to work out these cycles.

360 days is a '*year of Brahma*' and a life of Vishnu is 100 '*Brahma years*'. We are now in '*Kali yuga*' (Kalyug), which began in 3102BC and will last 432,000 '*Brahma*

*years*'. At the end of Kali yuga, Vishnu will come again as the World will be corrupted and need reforming. It is said "He will come on a white

horse,

with a drawn sword to destroy the wicked and save the good".

Now don't you think that sounds familiar? All Namdharis have been told that Satguru Ram Singh Ji will be coming back soon, and we also know that He had a beautiful white horse called '*Chini*'.

The debate remains, that if there is a God, which one of his '*messengers*' will he send, if any?

Maybe He will come down Himself and show people the '*Right Way*' to live.

Then again, nothing at all will happen...

**360 days is one Brahma year. 'Kali yuga' began in 3102 BC and will last 432,000 Brahma years.**



# FOOTPRINTS

One night I had a dream, I dreamed I was walking along the beach with Satguru ji. Across the sky flashed scenes from my life.

For each scene, I noticed two sets of footprints in the sand, one belonged to myself and the other to Satguru ji.

When the last scene flashed before us, I looked back at the footprints in the sand. I noticed, that many times along the path of life there was only one set of footprints. I also noticed that it happened at the very lowest and saddest times in my life.

This really bothered me and I questioned Satguru ji about this.

“Sacheypatash ji, you said that once I decided to follow you, you would walk with me all the way, but I noticed that during the most troublesome time in my life there is only one set of prints. I do not understand, why in times when I needed you the most, you would leave me?”

Satguru ji replied.

“My precious precious child I love you and I would never never leave you during your times of trials and suffering. When you see only one set of footprints, it was then I carried you.”

Sadh Sangat ji, we should always keep our “Bhrosa” on Siri Satguru ji's “Paviter Chum Kamalan Upper” as they are forever present in our poorest, saddest and happiest times.



**KULWANT SINGH PANESAR**

## **Weighing-up Your Health**

At some time in our lives almost all of us have focused our attention on our weight. The eagerly awaited summer holiday, friends wedding or just wanting to look good can all send us clambering for the bathroom scales. But even more important than helping us to look and feel great, maintaining a healthy weight can also reduce our risk of cancer and a host of other weight related illnesses too!

Maintaining a healthy weight is about balancing the amount of energy we consume in the form of food and drink, with the amount of energy we use in our daily lives. The latest research shows that if we maintain a healthy weight and limit the amount of weight we put on during adulthood, to less than 5kg (11lbs), we will reduce our risk of cancer as well as a variety of other health problems.

### **Food For Thought**

All living organisms need energy to survive. The energy we consume comes from the foods and drinks in our diet and is measured in calories (kcal) or joules (kJ). The number of calories we need depends on several factors, including our age, size, sex and health – these same factors help to determine our basal metabolic rate (the amount of energy our body needs to maintain its essential functions).

It is our metabolic rate together with our level of physical activity, which account for the energy we use.

Thankfully, most of us manage to balance the amount of energy we consume with the amount of energy we actually need – in general, we aren't particularly underweight or overweight. In fact, current figures suggest that two out of three of us are within a healthy weight range. However,



because many of us are becoming increasingly dependent on machines - we use cars, buses, lifts, escalators, anything to make our lives easier – our bodies aren't getting the chance to burn up all the energy in the food we eat. To add to the problem, we are eating diets that contain a lot of fat, sugar, and alcohol and are therefore high in calories. This means that we are increasingly consuming more calories than we need, and because we store extra calories as fat, we are putting on weight.

### **What's wrong with being overweight?**

Being overweight can leave you feeling tired and unhappy. On a more worrying note, being overweight can increase your risk of a number of cancers – including endometrial (lining of the womb), breast and kidney – and can also increase your risk of gallstones, high blood pressure, diabetes and coronary heart disease. Being overweight also reduces your life expectancy and may increase your risk of cancer in general. For people with arthritis, being overweight can make the condition more uncomfortable since it places their joints under pressure.

### **Is your weight a problem?**

Most of us have a good idea of our own healthy weight. Generally speaking, we know if we are carrying a little extra weight or, conversely, if we are underweight. From a more scientific point of view, healthcare professionals use the Body Mass Index (BMI) to determine whether a person is a healthy weight. The BMI determines a person's weight in relation to their height and can be a useful tool. Allowing us to gauge whether we are within a healthy weight range.

*Source: World Cancer Research Fund*

*Collected by: Dr. Sukhdev Singh*

# ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ

ਸਾਨੂੰ ਇਕ ਪਲ ਚੈਨ ਨਾ ਆਵੇ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ,  
ਸਾਡਾ ਕਲਿਆ ਜੀ ਨਈਓ ਲੱਗਨਾ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ ।

ਕਿਸੇ ਦਾ ਮਾਹੀ ਨਾ ਪਰਦੇਸ ਜਾਵੇ,  
ਵਿਛੋੜਾ ਨਾ ਕਿਸੇ ਦੇ ਪੇਸ਼ ਆਵੇ ।

ਸਾਨੂੰ ਇਕ ਪਲ ਚੈਨ ਨਾ ਆਵੇ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ,  
ਸਾਡਾ ਕਲਿਆ ਜੀ ਨਈਓ ਲੱਗਨਾ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ ।

ਰਾਤੀ ਮੈਂ ਜਲਾਂਵਾ ਦੀਵਾ  
ਹੰਜੂਆਂ ਦੇ ਤੇਲ ਦਾ ।  
ਚੀਨੀ ਵਾਲਾ ਮਾਹੀ ਸਾਨੂੰ ਛੇਤੀ ਕਿਉਂ ਨਹੀਂ ਮੇਲਦਾ ?

ਸਾਨੂੰ ਇਕ ਪਲ ਚੈਨ ਨਾ ਆਵੇ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ,  
ਸਾਡਾ ਕਲਿਆ ਜੀ ਨਈਓ ਲੱਗਨਾ  
ਮਾਹੀਆ ਤੇਰੇ ਬਿਨਾ ।

Ranjit Kaur Ubhi





## ਆ! ਚੀਨੀ ਵਾਲੇ!

ਹੁਣ ਸਾਨੂੰ ਦਰਸ ਦਿਖਾ ਜਾਵੇ  
 ਡੁਬਿਆਂ ਨੂੰ ਪਾਰ ਲੰਘਾ ਜਾਵੇ,  
 ਦੁਖੀਆਂ ਦਾ ਦਰਦ ਮਿਟਾ ਜਾਵੇ,  
 ਸਭ ਦਿਲ ਦੀ ਤਪਤ ਬੁਝਾ ਜਾਵੇ,  
 ਮੇਰੇ ਚੀਨੀ ਵਾਲੇ! ਆ ਜਾਵੋ!

ਸਿਰਤਾਜ ਤੁਸੀ, ਦਾਤਾਰ ਤੁਸੀ,  
 ਸਭ ਜੀਵਾਂ ਦੇ ਆਧਾਰ ਤੋਸੀ,  
 ਅਸੀਂ ਪਾਪੀ, ਬਖਸ਼ਨਹਾਰ ਤੋਸੀ,  
 ਦੇ ਜਾਵੇ ਹੁਣ ਦੀਦਾਰ ਤੁਸੀ,  
 ਬਣ ਰਹਿਮਤ ਨੂਰ ਵਸਾ ਜਾਵੋ!

ਆਪੋ ਵਿਚ ਕਰਦੇ ਮਰਦੇ ਹਾਂ,  
 ਨ ਵੈ, ਵਿਰੋਧੋ ਡਰਦੇ ਹਾਂ,  
 ਦੁਖ, ਦਰਦ, ਮੁਸੀਬਤ ਜਰਦੇ ਹਾਂ,  
 ਏਕੇ ਤੋ ਨਫਰਤ ਕਰਦੇ ਹਾਂ,  
 ਕੋਈ ਗੀਤ ਪ੍ਰੀਤ ਦਾ ਗਾ ਜਾਵੋ!

ਫਿਰ ਪ੍ਰੀਤ ਦੀ ਰੀਤ ਸਿਖਾਵਨ ਆ!  
 ਆਪਸ ਦੇ ਵੈਰ ਮਿਟਾਵਨ ਆ!  
 ਸੁਤਿਆਂ ਦੇ ਤਾਈਂ ਜਗਾਵਨ ਆ!  
 ਭਾਰਤ ਦੀ ਸ਼ਾਨ ਵਧਾਵਨ ਆ!  
 ਆ, ਖੈਰ ਦੀਦ ਦੀ ਪਾ ਜਾਵੋ!

ਆਪ ਦਾ ਧਨਵਾਦੀ,  
 ਹਰੀ ਸਿੰਘ ਭੋਗਲ।



# Feng Shui

Have you ever wondered what all the fuss was about concerning Feng Shui (pronounced '*fung schway*')? We at Kook magazine have been doing our research to find out if this new craze lives up to the hype. Every month, we will provide details of small changes you can incorporate into your lifestyle to bring some sort of benefit. This month, however, we will concentrate on the origins and principles of Feng Shui.

The principles of Feng Shui are not proven in a scientific way and it is not a religion – "*It is not a question of faith but a fact of life.*"

The main purpose of Feng Shui is to teach you how to live in harmony with your environment so that the energy surrounding you works *for you* rather than *against you*.



Feng Shui concerns eight main Life Aspirations. These are divided into eight sectors, and each of these sectors corresponds to a particular compass direction.

<u>Direction</u>	<u>Aspiration</u>	<u>Element</u>	<u>Colour</u>
NORTH	Career prospects	Water	Black, Blue
NORTH-EAST	Education and Knowledge	Small Earth	Beige
NORTH-WEST	Mentors and Networking	Strong Metal	Metallic, White, Gold
EAST	Family and Health	Strong Wood	Green, Brown
WEST	Children	Small Metal	Metallic, White, Gold
SOUTH	Recognition and Fame	Fire	Red
SOUTH-EAST	Wealth and Prosperity	Small Wood	Green
SOUTH-WEST	Marriage and Romantic Happiness	Strong Earth	Yellow

Everyone has a personal direction, which is auspicious for you. To determine your best direction, you have to find your *kua* number. You should face your best direction while doing the most fundamental direction – for example, you should sleep with your head pointing to your most auspicious direction.

The following instructions determine your Best Direction for sleeping, studying and eating.

1. If you are born between 1<sup>st</sup> January and 20<sup>th</sup> February, then you have to check the date on which the Chinese New Year fell in the year you were born. If you were born on 6<sup>th</sup> February 1964, when the Chinese New Year fell on 13<sup>th</sup> February 1964, then you count your birth year as 1963.
2. Take the last two digits of your birth year and add them together. For example, if you were born in 1974, then add 7 and 4 together to give 11. If the result is greater than 9 then add the digits together, e.g.,  $1 + 1 = 2$ .
3. If you are a male, subtract this answer from 10, e.g.,  $10 - 2 = 8$ . If you are a female, add 5 to the number, e.g.,  $2 + 5 = 7$ . (If the number is bigger than 9, then add the digits together again.)
4. If the answer is 5 and you are male, use *kua* number 2. If you are female and the answer is 5, use *kua* number 8.



5. The result should be your kua number. Use this to find your Best Direction.

KUA NUMBER	BEST DIRECTION
1	SOUTH – EAST
2	NORTH – EAST
3	SOUTH
4	NORTH
6	WEST
7	NORTH – WEST
8	SOUTH – WEST
9	EAST

Here are two examples of Feng Shui cures and enhancements to get you started.

- Use wind chimes in halls to slow down the flow of fast *c'hi* (energy).
- Keep your toilet seat down and keep plugs in plugholes to prevent *c'hi* being unnecessarily 'flushed' away.

Next month, we'll give you tips on how to Feng Shui your home step-by-step.

Adapted from 'Feng Shui for Modern Living' magazine.

(harps™)



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